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What should we do with our billions?

Métis settlement.
Former PM, other big business leaders called in to answer question

SHANE GIBSON
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On the heels of the Supreme Court of Canada's ruling on a decades-long Métis land-claim case, the Manitoba Métis Federation (MMF) unveiled an "all-star" group of business leaders Wednesday that will recommend what to do with the billions it expects to receive.

At a packed press conference in Winnipeg, MMF president David Chartrand announced that former prime minister Paul Martin, the Richardsons' Hartley Richardson, Richardson Financial Group president Sanford Riley, U of M chancellor Harvey Sector and retired

Alberta business executive Eric Newell will lead the team charged with constructing a legacy fund for the money.

"We need to plan for our future," said Chartrand. "These people ... know how to make money."

The land-claims case was started in 1981 and dates back to 1870 when the federal government first negotiated with Louis Riel and the Métis Nation at the Red River Settlement.


In March, the Supreme Court decided the federal government did not honour its agreements with Riel.

"The people of Manitoba and beyond will benefit enormously from this because if an important segment of the population — the Métis Nation — benefit, then obviously the benefits will flow," said Martin.

The committee will not take part in upcoming negotiations between the MMF and the federal government on how much compensation will be awarded.



Former prime minister Paul Martin shares a laugh with Manitoba Métis Federation president David Chartrand on Wednesday. The MMF unveiled a team of top Canadian business leaders recruited to help create a legacy fund for settlement cash expected from a decades-long land-claims case. SHANE GIBSON/METRO




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Lisa Gibson

No decision on inquest until fall: Medical examiner

Manitoba's chief medical examiner says he won't make a decision on whether to call an inquest into the deaths of a woman and her two children until late fall.

The medical examiner's office says provincial law dictates that a thorough investigation be done first into the circumstances of the deaths.

"Once the office of the chief medical examiner has gathered and assessed all relevant information, a decision will be made (sic) regarding the course of action that needs to be taken to prevent similar future deaths," a release said Wednesday.

The office said that will take a few months.

Lisa Gibson's two children were found unresponsive in the bathtub of the family's Winnipeg home last week. They were pronounced dead in hospital. Gibson's husband was not home at the time.

The 32-year-old mother's body was found in the Red River a few days later.

There have been media reports that Gibson sought treatment for postpartum depression after the birth of her son in the spring. A spokeswoman for the Winnipeg Regional Health Authority has said privacy laws prevent the release of any information, but the matter is being reviewed.

THE CANADIAN PRESS

Da Bomber. Westwood to lay down the wrestling law

Former Winnipeg Blue Bomber Troy Westwood is stepping up to a different contact sport — professional wrestling.

Westwood will be on hand at the Canadian Wrestling's Elite show End of the Road on Aug. 23 to serve as a special-guest "ring enforcer" during the no-disqualification main-event match between "Hotshot" Danny Duggan and "The Mecca" Shane Madison.

Though the 18-season Bombers veteran won't be fighting, organizers assure us



Troy Westwood THE CANADIAN PRESS

that he's "ready and willing to get down and dirty if need be." METRO

The Iceland man cometh. PM to visit Icelandic fest

The prime minister of Iceland will be among the revellers at Gimli's Icelandic Festival celebrations this weekend.

Premier Greg Selinger will on Thursday welcome the newly elected Sigmundur Gunnlaugsson and his wife.

"Manitoba's historic and cultural ties to Iceland are significant, treasured and unique," said Selinger in a release. "With the largest Icelandic population outside of Iceland, we are always delighted to welcome officials from Iceland who in many



Sigmundur Gunnlaugsson HANDOUT

respects are visiting their home away from home."

METRO

Two arrests in complex pot-growing operation

'Very significant.'
Lengthy investigation leads to raids, seizures

Police believe they've put an end to a high-tech and large-scale pot-growing operation involving multiple grow houses in posh Winnipeg neighbourhoods with the arrest of two people Tuesday.

In all, 1,226 marijuana plants worth more than \$1.3 million, nearly \$4,000 worth of dried pot and \$40,000 worth of grow equipment were seized from a home in the first 100 block of Prairie Smoke Drive and another in the first 100 block of Breton Bay during raids Tuesday morning.

A third raid in the 400 block of De La Seigneurie Boulevard netted cops \$3,700 in cash.

"These are very significant

grow operations in terms of the numbers of plants, the excess amount of grow-op equipment, and the dollar (amounts) that we're seeing here destined for our streets," said police spokesperson Det. Sgt. Natalie Aiken Wednesday, noting that the fact none of the houses were stealing electricity points to the sophistication of the operation. "With \$20,000 of equipment at both locations, that's a substantial system."


A 53-year-old man and a 36-year-old woman from Winnipeg were taken into custody without incident during the raids, and a vehicle was also seized.

Both the man and woman are charged with producing a controlled substance, possessing a substance for the purpose of trafficking and possession of the proceeds of crime. Both have been released on a promise to appear. SHANE GIBSON/METRO



Police spokesperson Det. Sgt. Natalie Aiken speaks to media Wednesday after cops seized more than \$1.3 million worth of pot plants during raids at three homes Tuesday. SHANE GIBSON/METRO

1 NEWS




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A little bit country, a little bit R&B. And a whole lotta Rockabilly to hit the city

Rockabilly fans rejoice. River City Rumble goes down Saturday and Sunday at the Metropolitan Entertainment Centre.

The inaugural festival celebrates all things rockabilly, a genre of music born in the '50s when some hepcats like Carl Perkins and Elvis Presley started combining country music with rhythm and blues.

"Rockabilly has been experiencing a resurgence over the past decade or so," said Teresa Stolarskyj, River City Rumble secretary.

"You really see it in major centres like Las Vegas, which has Viva Las Vegas, a huge rockabilly festival that's 16 years old. There's Red Hot and Blue in Montreal, which is in its second decade and has become quite prominent. We just recognized a need for it (here)... Winnipeg is hungry for it."

Headlining River City Rumble is London, Ont., psychobilly band the Matadors, L.A.'s Kim Lenz and the Jaguars, and Lee Rocker of Stray Cats fame.

JARED STORY/FOR METRO



Lee Rocker of the Stray Cats. METRO/HANDOUT

It's the folklore that lures a lot of folks

Folklorama kicks off on Sunday. Cultural festival returns for its 44th year

JOHN TOWNS

winnipeg@metronews.ca

Folklorama is gearing up again to bring Winnipeggers a sampling of cultures from around the world, and executive director Debra Zoerb says this year's festivities should be as good as ever.

"In some ways the festival is like summer — it comes every year and it's always special," she said.

Folklorama runs Aug. 4

Visits

400K

There are 400,000 visits to Folklorama pavilions every year.

to 17 and will feature 46 pavilions scattered throughout the city, each representing a different culture — including five that haven't been seen in the last couple of years.

"Some of our pavilions alternate, and we're thrilled to have them back this year," said Zoerb, adding this iteration will see the return of the Mexican, Colombian, Croatian, South Sudanese and Indo-Chinese pavilions.

Folklorama is changing the way it offers its VIP tour passes this year, allowing for more flexibility for festival-goers.

"In the past, they've always been three pavilion visits, but we've got two pavilion visit tours for folks who can't stay out quite as late or maybe can't make it down quite as early," Zoerb said.

Last Saturday, Folklorama held a kickoff event that drew an estimated 14,000 people down to the Scotiabank Stage at the Forks.



A performer from Viva Brasil, a group that is slated to perform at the Brazilian Pavilion during Week 2 of Folklorama. KEN MCINTYRE/HANDOUT

Artist uses murals to give down-on-their-luck kids at least one happy place

Since 2008, Winnipeg artist Wanda Luna has been working to brighten up the lives of kids facing challenges by adorning their rooms with custom murals.

She started the Dream Room Project after seeing the effect helping her young niece paint her room had after the little girl was diagnosed with cancer.

nosed with cancer.

"That sort of provided the spark to get me moving. And then after talking about it with my mother, I realized that I could be doing this for more kids," explained Luna, who has since painted rooms for almost two dozen kids going through a rough time.

"I'm an artist full-time, so

More online

- Visit thedreamroomproject.org for information.



I just thought that this was a great way to give back and do my part," said Luna, who works as a multimedia artist.

"I want to help by giving (kids) a space where they can feel happy and safe."

Luna also does murals for organizations involved with at-risk youth. This week she's working on a piece at Ndinawe's drop-in centre that celebrates indigenous culture in both Canada and Luna's native Chile.

"Part of our art program is to get the kids to talk about intergenerational impacts of historical trauma, and once I heard about Wanda and her objectives with the Dream Room Project, I thought it would be a great fit," said Leah Fontaine, art program co-ordinator at Ndinawe.

JOHN TOWNS/FOR METRO



Wanda Luna works on a wraparound mural at the Ndinawe drop-in centre on Selkirk Avenue. The mural features representations of indigenous culture from both Canada and Chile, where Luna was born. JOHN TOWNS/FOR METRO

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Sandy Hook remains under emotional cloud

Connecticut Gov. Dannel P. Malloy purchases a bell from a toy store in Sandy Hook in Newtown, Conn., Wednesday. Seven months after 20 children and six educators were fatally shot in a Newtown elementary school, some local business owners said Wednesday that a financial downturn and an emotional pall over the town persists. JESSICA HILL/THE ASSOCIATED PRESS

Pedestrian killed

Elderly woman charged with stunt driving

An 85-year-old woman faces charges after a pedestrian and her dog died at the scene. They say Betty Kestenberg has been charged with stunt driving for going more than 50 kilometres per hour over the speed limit.

Kestenberg and her husband, 88-year-old Louis Kestenberg, who was the lone passenger in the car — also face a charge each of failing to properly wear a seatbelt. THE CANADIAN PRESS

dog on a sidewalk. The pedestrian and her dog died at the scene. They say Betty Kestenberg has been charged with stunt driving for going more than 50 kilometres per hour over the speed limit.

Kestenberg and her husband, 88-year-old Louis Kestenberg, who was the lone passenger in the car — also face a charge each of failing to properly wear a seatbelt. THE CANADIAN PRESS

TV survival tips may have saved woman

Lost in woods 12 days. Stepdad says watching Man vs. Wild gave daughter the skills to stay alive after alleged sex assault in Alberta



Parents of an Alberta woman who was allegedly attacked and spent 12 days lost in the woods believe she may owe her life to watching TV survival shows.

According to RCMP, the 25-year-old O'Chiese First Nation resident was assaulted by a man after the truck they were travelling in became stuck on a road on July 14. She managed to escape into the bush, but became disoriented.

Metro is withholding the woman's name because she is the victim of an alleged sexual assault. Even now, she remains under heavy sedation in hospital, but RCMP and family alike have begun piecing together

how she was able to survive.

It's believed she stayed alive by eating berries and stayed close to a running river, even hopping in periodically to ride the current and gain ground faster than she could walking, according to her stepfather.

"She even knew how to properly dry her clothes," he said Wednesday. "She went through a great ordeal. I do a lot of hunting, so I know some of what it takes, but she went missing for 12 days in the woods cold turkey and with a broken jaw at that."

RCMP Const. Nick Munro said investigators believe the woman's jaw was injured during the alleged assault and that she also sustained a concussion. Family members also report she is being treated in hospital for cuts that became infected.

The woman was found Friday, 10 kilometres from where she was last seen. But her mother said Wednesday she believes her daughter likely travelled more than 30 kilometres during the ordeal.

Family members and investigators have only been able to communicate with the woman

Suspect arrested

Police arrested Kevin Roy Gladue of Edmonton later in the day Friday in connection with the woman's disappearance.

- Gladue has since been charged with sexual assault, aggravated assault and obstructing a peace officer. He was scheduled to first appear in court on Wednesday.

periodically as she remains heavily sedated, but her stepfather said she's shed some light on where her survival knowledge came from.

"She said she always watched that survival show Man vs. Wild," he said, referencing a Discovery Channel show starring survivalist Bear Grylls. "She learned a lot of it from that show. She's only 25 years old — it's pretty amazing."

RCMP first reported the woman missing July 18. The woman's mother said she spent days at home waiting anxiously by the phone.

Alleged murder plot

2 charged with conspiracy to kill their spouses

Saskatchewan farmer Jim Taylor says he knew his marriage was in trouble, but he didn't at first believe Mounties when they told him that his wife was planning to kill him.

He was even more stunned when officers alleged that a man she was having an affair with was in on the scheme — and that the pair were also plotting to kill that man's wife.

"They had to tell me about three times," Taylor, 51, said Wednesday from his farm west of Melfort.

"We're a good Christian community so it's really shocking to hear all this stuff."

Angela Nicholson of Melfort and Curtis Vey of Wakaw, both 49, are charged with conspiring to commit murder. They have not yet applied for bail and are to appear in Melfort court on Aug. 29.

From police, Taylor said he has learned that Vey and Vey's wife, Brigitte, were still living together in nearby Wakaw and that Brigitte Vey suspected her husband was seeing another woman.

Police told Taylor that Brigitte Vey tipped them to an alleged murder plot in which Vey's wife was going to die in a house fire and Taylor would die of an overdose on Halloween. THE CANADIAN PRESS

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The top floors of 151 Yonge St. in Toronto. You Find Work has an office on the 11th floor. JESSICA SMITH/METRO IN TORONTO

Your dream job awaits — that'll be \$6,000

Metro undercover. Our reporter probes a twisted network of shady companies to see if there's any truth to the 'hidden job market'



JESSICA SMITH
Metro in Toronto

I'm in a tiny office in a swank tower in Toronto's financial core with Dale Smith, who runs a career-counselling business. I've been told he makes promises he doesn't keep and charges a high price for access to job postings anyone can find on Google.

He sets down a contract.

"My favourite, in the whole page, is the client-satisfaction guarantee," says Smith, circling the word "guarantee."

"It's only in the last 10 years ... that we feel so bold that we can guarantee you're going to end up with a position."

The contract is with 2375880 Ontario Limited, under the name "You Find Work" — a company that has only existed for a few months. But Smith has run similar businesses under other names, including Toronto Pathways, Job Search Success and Job Success for nearly 10 years. Before that, he did career counselling for a Canadian franchise of U.S. business Bernard Haldane Associates.

I came to his office posing as a job seeker after being tipped off by a reader.

The complaint was similar to others launched in small-claims court, posted to online consumer complaint forums and told to Metro by former clients: They promise access to a "hidden job market," an

exclusive job database and contacts at big companies — for a big price tag.

Job seeker fights back— 650784 Business Corp.

At small-claims court, I found 10 lawsuits against You Find Work, Dale Smith and other companies he's worked with.

"I don't want you to use my name," said the first plaintiff I called. "You can just refer to me as the victim."

He has an MBA, a PhD and now works on economic policy in the federal government. He says he earned that job on his own.

In 2004, he was relatively new to Canada. He saw a newspaper ad for Bernard Haldane Associates and met with Smith, the general manager of BH Careers International — the legal name for Toronto franchises.

After charging \$6,000, the company brought him in several times to discuss his résumé but never delivered job leads beyond what is easily found online, he claims.

The man requested his money back. His contract allowed him to get a refund for any portions of the program he had not yet completed.

The company refused. At the time, Bernard Haldane Associates was being sued by the State of Illinois for allegedly misleading consumers and had just shut down its Canadian operations.

At that time, Smith set up his own company — RD Group International — in the same location with the same staff and clients.

The man sued both companies and won, but they appealed. He didn't have the money to hire a lawyer and lost. The judge decided he hadn't proven that RD Group

International was legally required to honour his contract with BH Careers.

He estimates the ordeal cost him \$10,000.

New company, new complaints — 2057161 Ontario Ltd.

Havva Seydali and her husband, Serdar Feyzioglu, are taking Smith's company 2057161 Ontario Limited — formerly Toronto Pathways — to court.

"My husband was trying to find work and they contacted him first. I don't know where they got his résumé from. It was probably Monster.ca or Workopolis," Seydali said. "They gave him the impression that they were a recruiter and he had a job interview."

Next, they asked him to bring in his wife.

"They went through this ... explanation of there are two jobs and he's the perfect candidate ... and then it ended up being a service where you pay a fee and they'd guarantee 99.9 per cent you have the job," she said.

Their situation was "des-

perate." She'd been laid off, and her husband had recently finished a degree in industrial engineering.

"We ended up paying close to \$5,000 to secure this opportunity," she said. "Instead they started sending him coaching materials on how to find a job."

A year later, the jobs never materialized and Feyzioglu is still looking for work, she said.

Their accusations haven't been proven in court.

2057161 Ontario Ltd., a.k.a. Toronto Pathways, appears to be shut down now, but Murray James Nahnybida, a former career counsellor at Pathways, registered a new company — 2375880 Ontario Ltd. — in July to do business as You Find Work, with Dale Smith as general manager.

Our experience at You Find Work—2375880 Ontario Ltd.

It's not illegal to accept money to help write resumés and prepare for interviews. It is illegal to make promises that can't be delivered.

The complaints I've heard follow the same basic pattern.

Clients in uproar

Some clients of a string of related Toronto career-counselling companies have gone to small-claims court and vented online about the same alleged scam:

- The companies target vulnerable, out-of-work people
- They offer exclusive leads to great jobs
- They charge thousands
- Once the money is paid, they fail to deliver

I recognize that pattern while posing as a potential client.

The first meeting is about me. Smith claims they'll work with only one in 10 who want their help — forcing job seekers to prove themselves.

According to the resumé I submitted, I haven't worked since 2011, when I left a \$14-an-hour job as an administrative assistant. I have an undergraduate degree in creative writing and no other work experience. But I was accepted.

Over two long interviews, he finds ways to flatter me. I dress well, carry myself well and it was my persistence in calling back twice that impressed him. It goes on and on.

At the end of the meeting he mentions there's a cost. He skirts the question.

"Really, the investment has to make sense.... You have to see the return coming back."

He asks me to bring in my fiancé. I bring along web editor Andrew Fifield to pose as "Rob."

Smith offers to leverage the company's "hidden job market" — his helpful network of

satisfied clients who've gone on to work in high places.

Smith guarantees a job but not a time frame, saying only that 70 to 80 per cent of his clients get a job within a couple weeks to a few months.

I'd said I'd like to make \$25 an hour — \$52,000 a year.

Smith isn't fazed and says, "The right employer might pay you more than that, once they see how productive (you are)."

He says we'll aim for a job that pays \$60,000 "and settle for \$55,000."

The fee he's going to charge me is based on that projection. If I pay up front, the cost is \$3,756 plus HST. If I can't, it's \$4,695 in installments.

The reveal

After revealing we're reporters, Smith is adamant he's done nothing wrong — the company changed names so many times as "brand marketing."

I ask Smith to prove he has good contacts, to put me in touch with any HR department that could confirm their relationship.

"I can't really disclose that without getting their permission first," he says. "We have lots of contacts. How could we be in business and not have contacts?"

Smith blames the complaints and lawsuits on the "one to three per cent" of his 400 to 500 clients a year who are dissatisfied. Some people just won't try, he says.

"We have dozens and dozens of satisfied clients."

I tell him to send some of his satisfied clients my contact information and encourage them to contact me.

A week later, he has not produced one client or company that's willing to vouch for him.

Think you got scammed?

The government can help:

- The Ontario Ministry of Consumer Services placed Toronto Pathways on its "consumer beware" list
- Service Alberta ordered a Bernard Haldane franchise to stop deceptive practices
- Canada's Competition Bureau has issued fines, including to one service in B.C. for falsely promising to use its network to arrange job interviews



Dale Smith in a video posted online, defending the reputation of his last career-counselling business, Toronto Pathways. YOUTUBE

Good contacts help Mexican family overcome newcomer chaos

When Mexico City technology executive Carlos Chalico decided to move to Toronto, he liked the idea of starting something new in a tranquil country. Unfortunately, his family's first days in Canada were hectic, as they dealt with typical newcomer uncertainties. Carlos quickly saw the value of making connections with good people to ease the chaos.

"We did research to learn about our new city, but there were several important players who really made the difference," says Carlos. Among them, a childhood friend of Liliana, his wife, who had lived in Canada for 15 years. "She was very supportive, helped us find a rental house, and even suggested Scotiabank."

Since they were already Scotiabank customers in Mexico, the couple took their friend's advice to sign up for the **Scotiabank StartRight**[®] Program¹ while still in Mexico. They completed the paperwork at a Mexico City branch to take advantage of the free day-to-day bank account for one year², a wide range of credit card options³ and a number of other customized services and benefits.

"We thought we had planned well ahead, but the days passed so quickly, and with my work permit arriving at the last minute, we didn't know how things would work out," recalls Carlos.

After a tiring first day in Canada, shuttling Liliana and their two children from a hotel to their rental unit, a blurry-eyed Carlos trekked downtown to start his new job: "I was lost on my first day, and I had to sort out our banking before flying to Vancouver for business."

Exiting the subway, he walked into the first Scotiabank he saw. "I felt at ease when I saw the Scotiabank staff helping me sort out my paperwork," notes Carlos, recalling how Taylor Johnson, the personal banking officer at the Yonge & Bloor branch, presented him with his new account and credit card.

The couple's relationship with Scotiabank grew over the coming months. Liliana met Spanish-speaking Susana Salas-Pariente, a personal banking officer at the 3295 Derry Road branch near their Mississauga home, and the family was quickly approved for a car loan⁴, through coordination between the dealer and the bank. They are now thinking about home ownership with a Scotiabank mortgage⁵.

Now working at a growing software consulting company, Carlos has helped his employer set up a welcome program for other immigrant new hires, and he recommends the **Scotiabank StartRight** package. "I want to make it easier for other newcomers, and the **StartRight** website has so much useful information about life in Canada."

A firm believer in helping others, Carlos is involved with the Latin Project Management Network, an

association that supports internationally-trained professionals and includes Scotiabank as one of its key sponsors. "We discovered when we came here that you can't learn it all yourself, so get to know others who can share valuable ideas," advises Carlos. "That may be your banker who helps you build a credit history, or a new friend who explains how to connect the gas to your house."



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Carlos and Liliana Chalico made the right start in Canada by building good connections, including advisors at Scotiabank.



"Baljit helped open the door to my credit history in Canada."

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Publishing. U.K. law firm apologizes for revealing J.K. Rowling's pseudonym

Author J.K. Rowling accepted an apology and a charitable donation Wednesday from a law firm that revealed she wrote a crime novel under a pseudonym.

The Harry Potter author was exposed by a newspaper on July 14 as the author of *The Cuckoo's Calling*, a thriller ostensibly written by former soldier and first-time novelist Robert Galbraith.

The book was published in April to good reviews but modest sales, and there was speculation that Rowling or her pub-

lisher had leaked the news to raise the book's profile.

But the law firm Russells, which has done work for Rowling, acknowledged that one of its partners had let the information slip to his wife's best friend, who tweeted it to a Sunday Times columnist.

Rowling sued the lawyer and the friend. Her attorney told Britain's High Court on Wednesday that Rowling had been left "angry and distressed that her confidences had been betrayed."

THE ASSOCIATED PRESS

Social media. Facebook stock passes its IPO price — at last

Facebook's stock has passed its \$38 US IPO price for the first time since its rocky public debut last May, crossing a symbolic hurdle that has eluded it for more than a year.

Shares of Facebook Inc. increased 1.2 per cent to \$38.08 in morning trading Wednesday. That's the highest the stock has traded since the company's highly anticipated

initial public offering ended with a thud. The stock is up by more than 50 per cent since last week.

The world's biggest online social network has been on a roll since reporting stronger-than-expected earnings on July 24. Investors are especially upbeat about its fast-growing mobile advertising revenue.

THE ASSOCIATED PRESS

Google partnership

Starbucks boosts Wi-Fi at U.S. stores

Starbucks says it's reached a deal to partner with Google that will allow it to offer customers dramatically faster Wi-Fi service. Starting in August, new U.S. company-operated stores will begin to receive up to 10 times faster network and Wi-Fi speeds.

THE ASSOCIATED PRESS

Market Minute



DOLLAR
97.35¢ (+0.28¢)



TSX
12,486.64 (-95.11)



OIL
\$105.03 US (+\$1.95)



GOLD
\$1,313 US (-\$11.80)

Natural gas: \$3.44 US (+1¢)
Dow Jones: 15,499.54 (-21.05)



Travellers wait to have their boarding passes checked at the American Airlines terminal at Los Angeles International Airport in this file photo. Turns out, getting passengers onto and off planes is so complicated that airlines must continually evaluate how they do it. GETTY IMAGES FILE

Airlines try to perfect the tricky art of boarding

Terminal headache.

You may think it's easy to get people onto a plane, but the process is so troublesome it has to be constantly tweaked

Getting people on and off an airplane quickly is so complicated that even an astrophysicist couldn't figure it out.

The astrophysicist, Jason Steffen of the University of Illinois, normally contemplates things such as axion-like particles. But after waiting in one boarding line too many, he turned to the mysteries of airline seating. "I thought there had to be a better way," he says.

So, after a series of calculations, he deduced that the best

system would be a combination of filling window seats first, then middle and aisle ones, while also spacing the boarding passengers two rows apart.

There was just one problem — passengers would have to board in precise order. Good luck with that. These are the same passengers who don't turn off their phones even after they're told it's a federal law. "Well," Steffen observes, "I understand why airline people aren't calling me."

But the search for the perfect boarding process goes on.

Most airlines allow first-class and other elite customers to board first. After that, some fill the rear rows first and work toward the front.

Others fill window seats and work in toward the aisle. Some used to employ a hybrid called the reverse-pyramid.

Time is (a lot of) money

- All of this matters more than you might think. Passengers want to board early to find space in the overhead bins for their rolling carry-on bags. For airlines, every minute that a plane sits at the gate makes it more likely that the flight will be late, hurting the carrier's on-time rating and causing pas-

sengers to miss connecting flights.

- There's an economic cost to running late, too. Researchers from Northern Illinois University say that at one major airline, which they didn't identify, every extra minute at the gate added \$30 US in costs.

Southwest Airlines has random seating: There are no assigned seats — passengers sort things out themselves. They can pay extra to be near the front of the boarding line.

In recent weeks, United and American have rolled out new strategies for faster boarding. American is letting passengers

board sooner if they don't put anything in the overhead bins. The idea is to get more people seated quickly before passengers with rolling bags clog the aisle.

United reduced the number of boarding groups from seven to five while adding lanes in gate areas. THE ASSOCIATED PRESS



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SALIVATING OVER BIEBS' CAREER

The 24-hour media cycle sometimes means that deserving musicians go unheralded because entertainment reporters are chasing the latest star from concert to concert or quote to quote.

Sometimes a pop icon's daily mini-scandals keep us from noting the larger trends in music. Sometimes we forget about the talent, hard work and dedication required to be an up-and-coming entertainer, because we'd prefer to write a Justin Bieber story that is guaranteed to get a lot of views for no other reason than the word "Bieber."

As a completely random example, take this column you're reading right now: Bieber, Bieber, Bieber!

Here's a look at Justin Bieber's career highlights:

1994: Born as pop royalty, Bieber's hotly anticipated birth is met with screaming women clamouring outside his hospital window hoping to be spat upon by the infantile crooner.

1998: Shows affinity for music as early as four when he spends hours mastering electronic keyboard's "drum machine" button.



HE SAYS

John Mazerolle

metronews.ca

2007: Discovered on YouTube, where his critical analysis of Zimbabwe's metamorphosis from "Africa's breadbasket to a hyper-inflated basket case" catches the eye of several organizers with TED Talks.

November 2009: Releases first album and becomes a millionaire within days; cries self to sleep because of scathing review in Chart Attack.

March 2010: Quietly releases second album. Excitedly runs to mother when hometown Stratford Beacon Herald places his photo on arts front, which is cut out and given place of pride on kitchen fridge.

April 2010: Changes signature haircut in spontaneous decision approved by 37 agents, publicists, stylists and handlers.

June 2010: Concert for 90,000 people at Wembley not going well until dad suddenly appears to sit in empty seat Bieber had been staring at longingly.

August 2010: Creates 10 fake Twitter accounts in pathetic bid to

push himself over 23 million followers.

January 2011: Earns nickname "Biebs" because of his love of BBC.

March 2011: Makes utter fool of himself on 17th birthday by acting like a 17-year-old.

December 2011: Bieber's sweet natural delivery and boyish charm are made more marketable for later albums by pop-music computer Asshat 5000.

April 2012: Bieber sings duet on stage with Taylor Swift, becoming inspiration for three full discs of Swift break-up songs.

October 2012: Causes a stir when he meets Prime Minister Stephen Harper for a photo-op wearing only Selena Gomez.

November 2012: Playing half-time at Grey Cup, totally misreads local crowd and gets booed lustily when he suggests to Torontonians that the CFL is awesome.

June 2013: Disappointed when Twitter moniker Robert Galbraith, meant to show quality of tweets, not name recognition, attracts only 12 followers.

July 2013: Baset by criticisms for off-stage antics, Biebs reminds critics of his talent at Toronto concert with 27-minute harp solo.

ZOOM

You'll get really high in this hotel room



BRENNAN LINSLEY/THE ASSOCIATED PRESS

Inflatable hotel costs \$50K a night

A hotel room made of aluminum and inflated vinyl is held aloft by a van-mounted scissor lift, on promotional display in a parking lot in downtown Denver.

Architectural artist Alex Schweder created the five-by-

seven-foot room atop a van for the Biennial of the Americas in Denver. For \$50,000 US, a guest would get one weekend night in the puffy space, plus lots of extras including a diamond pendant and earring set, two iPod Nanos and a dance party for 100 people in a ballroom of the Curtis Hotel.

THE ASSOCIATED PRESS

Castle in the sky

- It has a chemical toilet, shower, sink, inflatable bed and couch, and curtains. It is being driven to parking lots until Aug. 23.
- There is a weight limit, and no smoking allowed.

Squeezing in the lap of luxury

After Schweder learned developers want to turn several Denver parking lots into hotels, he created "the hotel rehearsal." One early draft involved suspending the room from a crane.

THE ASSOCIATED PRESS

Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

Next Sunday is the long-awaited return of a certain era-defining television series based around the manufacture of a drug that's almost as addictive as the show. Obsess over the dropped-jaw moments the final season of *Breaking Bad* promises us by joining in on the discourse at these TV-recap sites.



TORSTAR NEWS SERVICE/HANDOUT

Vulture

Matt Zoller Seitz is already back on the *Walter White* train by revisiting the first five seasons, armed with the knowledge of everything each character has been through. It's interesting stuff, and an excellent primer for when he starts probing the corners of the remaining eight episodes as they air. (vulture.com)

Grantland

Bill Simmons' haven of pop culture and sports is blessed with Andy Green-

wald, one of the sharpest and funniest TV critics around. While you're still grappling with the latest dark and depressing deed from Walt, Greenwald is already well on his way to astutely ascribing motivation and potential fallout. (grantland.com)

The AV Club

The Onion's sister site is home to many great writers, but the unsung hero of it all is the feisty comment community at the bottom of each article page. (avclub.com)

Comments

RE: Water's Rising. Where's The Ark? Published July 31

It happens that I have been a research scientist in the communications domain for almost 30 years.

First of all, back when I was a young postgraduate, if I came up with a wrong result I could expect to find myself sitting in the director's office. The director would look across his table, as he did with many a researcher, and say: "Son, you got some 'splainin' to do!" Only once you'd explained what went wrong

and how you were going to fix it to the satisfaction of the director, did you get to work on a new project.

In the climate-study domain there have been, over the last 20 or 30 years, a lot of wrong predictions: Those climate scientists have definitely "got some 'splainin' to do."

Secondly, to another scientist the latest prediction by Strauss actually has no more meaning than a mythical number. A scientist wants to know a few other details before a number has meaning. These other details include the confidence level of the number.

Chris Kurowski, Ottawa

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

2
SCENE

Dry Bones stand the test of time (think about it)

Supergroup. Band members' individual reputations preceded their collective sound



**BACKSTAGE
PASS**
Jared Story
@metronews.ca

Comprised of established local musicians Nathan Rogers, JD Edwards and Leonard Podolak, Dry Bones appears to be some sort of Winnipeg supergroup — and it is in a sense — but nothing about the band is prefab or contrived.

"It wasn't, 'Let's be a band' but rather just, 'Let's get together,'" Edwards says.

"We just like each other's company and enjoy each other as musicians. It's been very organic. Some seed was just thrown into the ground, it happened to rain, it grew and it's been growing ever since."

Dry Bones' banjo-picking, ball of fire brand of folk is all natural, but the prominence and pedigree of its members definitely helps.

Rogers is the son of late great Canadian folk hero Stan Rogers, has toured the country singing his dad's songs and is an accomplished songwriter in his own right.

Podolak — the son of Winnipeg Folk Festival co-founder Mitch Podolak — is the visionary behind the Juno-winning group The Dukhs.

Edwards fronts The JD



Dry Bones is JD Edwards, left, Nathan Rogers and Leonard Podolak. CONTRIBUTED

Edwards Band and last year Dry Bones brought bassist Gilles Fournier into the fold, a prominent player in the Winnipeg jazz scene.

Given its impressive lineup, Dry Bones was invited to play three major B.C. folk festivals shortly after its formation.

In fact, the band was booked before the festival organizers had even heard the

band's music.

"I was pulling into the parking lot (of the Vancouver Island MusicFest) and I said, 'Do you guys realize what's going on here? Do you realize this is the single greatest scam ever?'" Rogers says.

"It felt so good for people to take a risk on us and not having to bust our ass inside out to get gigs like that."

That's not to say Dry

Bones isn't 100 per cent committed.

While its name comes from that funny old song Dem Bones, it also refers to the band's dedication to making music that stands the test of time.

"They're bones. They're old and dry. We reflect on the people and music that have come before us and try to bring that back to life. It's

a throwback to our fathers and our forefathers and the respect we have for them," Edwards says.

Dry Bones plays the West End Cultural Centre on Wednesday, Aug. 7. Miss Rae and the Midnight Ramblers open. Tickets are \$15 at the WECC, Music Trader, Winnipeg Folk Festival Music Store and Ticketmaster or \$20 at the door. Showtime is 8 p.m.

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Williams is one of The Crazy Ones

Move over Mork.

Robin Williams is an advertising genius dealing with plenty of personal woes in his latest television role

Want to make Robin Williams laugh? Call him a sad clown.

That's what one critic did Monday on CBS's Television Critics Association press tour presentation for *The Crazy Ones*. The fall comedy stars Williams as the head of an ad agency with *Buffy* the Vampire Slayer star Sarah Michelle Gellar playing his daughter and business partner. James Wolk (*Mad Men*) is also part of the ensemble.

Responding to a comment from a critic that there are sweet, poignant moments on the show — setting up the “sad clown” remark — Williams did a whole wacky bit on being a sad clown, jumping out of his seat, causing his lapel mike to become untethered. He wondered what it would be like waking up next to a sad clown: “Oh, my God, what are those big feet doing in my bed?”

It was the kind of funny business reporters and fans have come to expect from Williams. There are flashes of the same free spirited antics in the pilot, although David E. Kelley — an unlikely showrunner — says Williams can stick to a script, too.

“He says my words perfectly — then he uses his,” says Kelley.

The former *Ally McBeal* and Boston Legal showrunner says



Robin Williams gets a little animated at the Television Critics Association press tour while promoting his new show *The Crazy Ones*. THE ASSOCIATED PRESS

writing for an old pro like Williams was intimidating: “I feel like I’ve been handed the keys to a car that I am ill-equipped to drive.”

Kelley says an actual ad executive approached him with the idea for the show several years ago. He says it’s basically about “this iconic, crazy advertising genius and his relationship with his daughter.”

The pilot episode shows Williams’ and Gellar’s father-daughter characters trying to pitch a new ad for McDonald’s. The fast food giant gets plenty of plugs throughout the half hour, but the producers insist there was no payment for embedding the Mc-references.

“But if you look under your chair there’s a Happy Meal,”

cracked Williams.

The 62-year-old funnyman rose to fame in 1978 after being cast as a comedic alien in the ABC series *Mork & Mindy*. He praised his co-star from those days, Pam Dawber, for her ability to play straight woman to his insanity.

“Pam held the line for me. She was incredible, which allowed me to be as outrageous as I was.”

After the formal press conference, Williams was asked about how TV and comedy has changed since those *Mork & Mindy* days. That show “started out real playful, then eventually, it just burned out,” he said. This new show “can’t just be about riffing.”

THE CANADIAN PRESS



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Last Week: 1 / Weeks on List: 1



2. THE CASUAL VACANCY J.K. Rowling

A big novel about a small town. Pagford is, seemingly, an English idyll, with a cobbled market square and an ancient abbey, but what lies behind the pretty façade is a town at war. *The Casual Vacancy*, now in paperback, is J.K. Rowling's first novel for adults.

Last Week: 2 / Weeks on List: 1

This Week

Last Week Weeks on List

- | | | |
|--|----|----|
| ★ 3. WAGING HEAVY PEACE Neil Young | - | - |
| 4. THE SECRET KEEPER Kate Morton | 4 | 3 |
| 5. THE ENGLISH GIRL Daniel Silva | 5 | 3 |
| 6. FIRST SIGHT Danielle Steel | 6 | 3 |
| 7. INFERNO Dan Brown | 7 | 10 |
| ★ 8. CRAZY RICH ASIANS Kevin Kwan | - | - |
| 9. BEAUTIFUL DAY Elin Hilderbrand | 9 | 6 |
| 10. THE OCEAN AT THE END OF THE LANE Neil Gaiman | 10 | 7 |
| 11. THE EYE OF GOD James Rollins | 3 | 6 |
| 12. SILVER STAR Jeannette Walls | 12 | 8 |
| 13. THE KILL ROOM Jeffery Deaver | 13 | 9 |
| 14. REVENGE WEARS PRADA Lauren Weisberger | 14 | 9 |
| 15. THE FIRE WITNESS Lars Kepler | 8 | 8 |
| 16. WILD Cheryl Strayed | 16 | 18 |
| 17. LET'S EXPLORE DIABETES WITH OWLS David Sedaris | 17 | 15 |
| 18. THE SECRET RACE Tyler Hamilton | 11 | 7 |
| 19. I WEAR THE BLACK HAT Chuck Klosterman | 19 | 1 |
| 20. SECOND HONEYMOON James Patterson | 20 | 5 |

Combined Fiction and Non-Fiction Bestsellers for the week, ending August 5th

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Sex can get boring when you're a master

Pushing boundaries.

New series is based on real-life researchers who changed the way we think about sex

There's so much sex depicted on a new cable TV series about researchers Masters and Johnson that filming it became ho-hum for star Michael Sheen.

"I never thought I would get used to having a naked woman in front of me masturbating ... but I actually broke that barrier on the show," Sheen, who plays researcher William Masters, said Tuesday.

He plays opposite Lizzy Caplan as co-researcher and future wife Virginia Johnson in Showtime's *Masters of Sex*, an explicit depiction of the pair and their groundbreaking mid-20th century scientific investigation of human sexuality.

The series, based on Thomas Maier's 2009 non-fiction book, debuts Sept. 29 on Showtime. Johnson died last week at age



Michael Sheen plays Dr. William Masters, left, and Lizzy Caplan is Virginia Johnson in *Masters of Sex*. THE ASSOCIATED PRESS

88 in St. Louis. She was divorced from Masters, who died in 2001.

Sheen, whose film credits include *The Queen*, said the story remains pertinent because the same "problems of intimacy" and making con-

nections with people apply today.

During a Q-and-A session with the Television Critics Association, the difficulty of talking about sex publicly became apparent. One reporter asked the cast and producers how

the series can include humour without appearing to titter at sexuality.

"We just had a slightly inappropriate look into your sex life. We all thank you for that," Sheen replied, drolly.

Caplan (*TV's True Blood*,

New Girl) said the researchers' work at Washington University in St. Louis and later at their own institute was especially important for women, allowing them to understand and accept their sexuality as healthy.

Multiple sex takes

The cast, asked whether filming sex scenes proved embarrassing, said there was a painstaking effort to protect the actors by making the production "comfortable and safe," Sheen said. Cast member Teddy Sears recalled director John Madden saying, "I want to protect your modesty," then mimicked the British Madden giving a stage direction: "Grab her bum." Doing repeated takes of one clinical sex scene turned out to be "decidedly unsexy after a while," Sears said.

"Before Masters and Johnson, no one was telling women that. It was always their own fault," Caplan said. "And that's some (baloney)."

The series embellished some characters but "stuck to the facts very carefully," said producer Michelle Ashford. "Certainly (with) the research, we fudged none of that."

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Woot, woot, woot! He's ready for a late-night comeback



With less hair and smaller shoulder pads, Arsenio Hall gears up to rejoin late-night wars. THE ASSOCIATED PRESS

Arsenio Hall. The 1990s pop culture tastemaker is reclaiming his seat at the talk show table this fall

Arsenio Hall is eager to get back in the late-night talk show game, minus the big hair and shoulder pads that marked his initial foray nearly 20 years ago. Joking to the Television Critics Association on Monday that he's "been away making turkey bacon," Hall said the challenges are much bigger now than when he was a pop-culture tastemaker on his old show that ran from 1989 to 1994.

Back then, there were fewer channels and Johnny Carson was the dominant late-night host of The Tonight Show.

"It's a huge challenge this time to bring people to the television," Hall said. "Your

biggest fan doesn't watch you every night. You hope to get a guy three nights to check you out, the other nights they'll be catching someone else."

He offered few details on the format and style of the new Arsenio Hall Show other than the old theme song is coming back with a new bit of music that Hall wrote added to it.

Hall said no guests have yet been booked for the syndicated show debuting Sept. 9. More than 200 outlets have signed up to carry it.

Soon-to-be rivals Leno and Jimmy Kimmel have reached out to Hall. Leno offered the phone numbers of the best writers on his staff who were forced out during layoffs, while Kimmel wrote a check to support Hall's charity when he won Celebrity Apprentice last year.

"Maybe they're setting me up to knock me out," he said, "but the bottom line is everybody is being real nice to me."

THE ASSOCIATED PRESS

Julia Louis-Dreyfus. Working with Gandolfini a 'dreamy experience'

Julia Louis-Dreyfus says audiences will "really freak out" over James Gandolfini's performance in his final film.

Gandolfini plays her character's love interest in Nicole Holofcener's *Enough Said*, set for release in September. The actress, who is promoting her role in Disney's *Planes*, says she worked "intimately" with Gandolfini on the shoot just months before he died.

Gandolfini died in June of a heart attack at age 51 while vacationing in Italy. Louis-Dreyfus says it was a "dreamy experience" to act alongside



Louis-Dreyfus. THE ASSOCIATED PRESS

him, adding that his character has no trace of Tony Soprano-style darkness. The romantic comedy will premiere at the Toronto International Film Festival in September.

THE ASSOCIATED PRESS

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Toronto actor back to work on rice farm in rural Japan

Falling Skies. Connor Jessup talks about being on the road (including the rice farm) and finding time to be a filmmaker



NED EHRBAR
Metro World News in Hollywood

Connor Jessup is possibly the most interesting 19-year-old in Hollywood — especially since he's not actually in Hollywood at the moment. Since wrapping production on season three of his alien invasion series, *Falling Skies*, the Toronto native has been on the road, most recently living on a rice farm in rural Japan, where he's working on more film projects to write, direct and produce.

We caught up with Jessup just before the *Falling Skies* third season finale on a rare few days in Los Angeles.

Life on the road

"I was in San Diego on the weekend, which was awesome, and I'm here until Thursday, then back to Japan," he says. "That's where I'm living right now. I'm living on a rice farm, a run-down rice farm, actually. This is my first real year without high school, so I decided to just do some travelling. So since February I've been on the road, and since May I've been in Japan."

Finding time to be a filmmaker

"One of the nicest things about being on a TV show that's relatively long-running is that you get six months of the year of hard work and

then six months of the year of free time — well, not free time because you're still working and trying to get stuff or on a movie or something — but generally the other six months are less full of work," he says. "There's a couple of shorts that I'm working on and a feature. But I've been doing stuff

like that since I was 14 or 15. Right now I'm in Japan writing something that takes place in Japan. It takes place basically right in the place where I'm writing, so all I have to do is look out the window, which is convenient."

Getting an early start

"When I was 15, there were these friends of mine who I admired who were recent grads of film school. They'd done some really great shorts and they were doing an indie, micro-budget feature so I helped produce it," he says. "This is pre-Kickstarter, and they were doing the fundrais-



Connor Jessup stars in *Falling Skies*. ANGELO KRITIKOS

ing. I kicked in, so I was an executive producer and I did every odd job on set. I was a grip, a boom operator, an assistant director. But the movie got into (the Toronto International Film Festival) and a whole bunch of other festivals, so that was kind of my first exposure to behind the scenes life. It's wonderful. It's really the best part of the business."

Season finale

Connor Jessup teases that the third season of *Falling Skies*, which wraps up Sunday evening, goes out with a bang for the city of Charleston. "It's sort of an image of what life was like before, and we're trying to maintain it, but it's more fragile than we thought," he says. "It kind of literally and metaphorically comes crumbling down. So we're thrown back out onto the road, back into the wild world. Just like in season two where we were dashing about from place to place, going on missions, we were kind of nomadic. Season three, we managed to stay in one place for the most part, but that gets shattered very quickly. It affects my character, Ben, in the same way that it affects everyone else in that it sucks."

The Soup host. Actor takes 'one-at-a-time' approach to his various projects

There's no stopping Joel McHale this summer.

The 41-year-old actor is busy with his E! reality spoof *The Soup* and preparing for the fifth season of the NBC comedy series *Community*, which starts shooting Aug. 20.

He's moving outside his comfort zone with a starring role in the upcoming

supernatural thriller *Beware the Night*. He plays a New York City police officer in the film, and at the time of the interview, was shooting on location in the Bronx. He's also the host of the *Klondike Celebrity Challenge*, a social media effort. In a recent interview, he talked about his various projects.

How would you describe *Beware the Night*?

Just to be in it, I was so thrilled, and then knowing I got to work with Eric Bana, who is one of my all-time favourites, was just a dream come true. Then you've got Olivia Munn in there and Edgar Ramirez is amazing. ... This cast is dynamite, except for myself.

You make fun of the Kardashian family quite a bit on *The Soup*. Their show also

airs on E! Are you ever told to tone it down?

Well, the Kardashians are incredibly savvy and they know if they are being talked about then that's good. And now Kris (Jenner) has a new talk show. They've got every single product. They are a machine and they actually now work very hard at what they're doing — I'm not sure what it is. ... For a while I know that they weren't (happy) and the

Kardashians were going, "Can you stop doing that?"

Are you surprised at the success of *Community*?

I knew the show was kind of a special kind of different show ... because (creator) Dan Harmon's brain is like nobody else's brain. Getting out of your first season is a nutso process as well. But to be in our fifth season, I can't believe it.

THE ASSOCIATED PRESS

Let's take some E! with Joel



Joel McHale CONTRIBUTED



Simon Cowell ALL IMAGES GETTY

Awkward future arrival? Cowell has reportedly knocked up friend's wife

Simon Cowell is reportedly going to be a dad — but the mother-to-be already has a husband. New York socialite Lauren Silverman is reportedly expecting a child with Cowell, though she's still married to Cowell's close friend Andrew Silverman, according to *Us Weekly*. "Lauren and Andrew have

been unhappy in their marriage for some time, and their divorce has been in the works for a while," a source says. "As their marriage deteriorated, she and Simon became close." The source adds that Lauren is "around 10 weeks along." Cowell's reps were unavailable for comment.

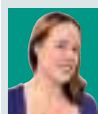
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Fergie solidifies her gay icon status with 'gayby' shower



THE
WORD
Dorothy Robinson
scene@metronews.ca

When I first heard that Fergie and Josh Duhamel threw a "gayby" themed baby shower for their son, due in September, I was a bit perplexed: How did they know their fetus liked boys?

But I was mistaken, as usual. Their "gayby"

baby shower, which was attended by the likes of Perez Hilton, Kelly Osbourne, Adam Lambert, Molly Sims, Gabriel Aubry, Julianne Hough, RuPaul and Lance Bass, was named as such to flaunt Fergie's gay-icon status (which makes me wonder what would have happened if Judy Garland were around to have a baby).

Sunday's fete, held at the SLS Hotel in Los Angeles, featured burlesque dancers in drag, a black, white and blue theme, and shirtless bartenders serving Fergie's Ferguson Crest wine. If his baby shower was this much fun, what in the world is he going to do for his 21st?



James Blunt

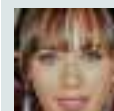
Blunt's mass music mail a 'mistake', pull the other one!

James Blunt wishes he could unsend an email that accidentally went out to millions of recipients and included his new single, *Bonfire Heart*. Blunt took to Twitter to voice his embarrassment, writing, "Oops."

Just emailed the whole of the U.K. by mistake." His record label also says the message was a "clerical error," but many are skeptical, suggesting it's just a publicity ploy.

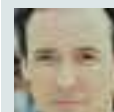


Twitter



@iamrashidajones

I wish you could Shazam someone's face



@johncusack

Well personally I can say to my gov that jails the whistleblowers and let's the criminals free "go straight to hell boys" this ain't over



@mindykaling

"Kiss me on the lips or you're fired!" is something you shouldn't say to your crew, I learned today



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SHOPPERS
DRUG MART

Feeling insane in the mane?



"Stay away from excessive colour, heat and anything that can damage the hair cuticle," says Dr. Bauman. ISTOCK

Tress distress. We get to the very root of the frizz problem to learn how to tame it

COURTNEY FOWLER
Metro World News

We love our hair, but when the humidity hits each summer the same question runs through our mind: Should we just cut it all off?

Here to help walk us off the edge is Dr. Alan J. Bauman, a board-certified hair science consultant and member of the prestigious Pantene Institute.

He told us what we can do to finally have some good hair days this summer.

But first, what causes frizz?

Natural texture

"The texture of hair is essential to establishing its tendency to frizz. Often

hair that is curly or wavy will likely become frizzy."

Environment

"Humidity, heat and changes in the air quality cause friction in the hair.

"Hair is made up of long keratin proteins that form two types of compound bonds. One is a hydrogen bond.

"These bonds break and reform every time your hair gets wet and it dries. Because there is so much water in humid air, those bonds are broken and reformed faster, resulting in frizz."

Hair quality

"The bottom line is hair that isn't healthy will be prone to frizz. Hair that has already had some type of disruption or chemical damage, such as with colour or excessive heat, is overwhelmingly more prone to frizz because it's in an unhealthy state."

Dr. Alan J. Bauman on treatments

What are some ways to tame frizzy hair?

The first thing to remember is that frizz is a combination of problems. Sometimes the more hair damage that you have, the frizzier your hair will be — and, of course, those with curlier hair typically end up with more frizz.

So some of these things you can't change, but there are things you can do to reduce it. You can straighten your hair, you can flatiron it or use

straightening treatments — but in the long-term, those things might damage the cuticle, which could make your hair more prone to frizz.

Conditioning it regularly is the safest and most effective thing that you could do. And be conscious of the types of products that you're using. Shampoos and conditioners with amino silicones and cationic surfactants are ideal for treating frizzy hair."

What are amino

silicones and cationic surfactants?

Silicones, especially amino silicones, are the things that fill in the gaps of the cuticle. The silicones decrease the friction, meaning that the hair strands will be able to slide more easily through the comb and you're less likely to tangle it or snag it. Now the cationic surfactants fill in the cuticle, almost like a chemical patch, to restore the natural smoothness and quality in the hair.

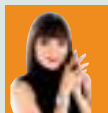
So imagine if the cuticles are fish scales that lay on top of one another. As damage occurs, those scales kind of break away or peel up from the hair, resulting in frizz, but the cationic surfactants fill in those gaps and the amino silicones decrease the friction and make it easier to comb or brush.

What about keratin treatments?

"Keratin is a chemical and heat treatment that is used to straighten the hair. It breaks

the sulfate bonds in the hair and essentially reforms them so that the hair is straight. It's considered almost like a semi-permanent treatment because, although every salon applies it differently, it's something that would need to be reapplied. So, it reduces frizz and allows the hair to dry a little bit better and gives you kind of wash-and-wear hair. But, it also comes with risks, because as that straightening wears off, you need it to be straightened again — and eventually the heat and chemicals can cause breakage.

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.



A good farm cleanup + back to the big city! #allfarmedout



Taking in a glorious view of an illuminated TO! Getting nostalgic for the '70s at the old "Aquarius 51"...

One-minute miracle

Posh remover Bourjois Magic Nail Polish Remover, \$10

"Dip, turn and voila! Your nail enamel is history. At-home-mani devotees will love this potion with instant lacquer-eliminating power. Its gentle acetone- and paraben-free formula makes quick work of stubborn sparkles, too." Ashley Kowalewski, The Kit.ca



FOR MORE FASHION AND BEAUTY NEWS YOU CAN USE, CATCH UP WITH THE KIT AT THEKIT.CA

Trends Report

- Summer is sandals season, but are you still looking for a shoe that really stands out? Go online to Trends Report to see a bold and fashionable twist on a gladiator sandal and get tips on how to style it.



Visit metronews.ca/voices/trends-report to find out more.

Follow Irene on Twitter at @MetrolreneK

Stone-age decor keeps things cool



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Cool to the eye and cooling to the touch, marble and stone creates a timeless look for the home, whether on the floors, counters or as an accessory in a room. This decor is my new obsession, and not just for shower tiles or countertops.

Topping an antique table with marble instantly gives it new life, and adding marble accessories to a kitchen countertop serves up high-end style.



Sculptural stone vessel

Hand-cast from resin and cement with the character of weathered stone. Use to plant orchids or hold your favourite magazines. \$129, restorationhardware.com



Blaine candle holders

A modern take on the sculptural hour glass. \$22 to \$30, crateandbarrel.com



Chateau kitchen island

This piece is reminiscent of France's wine country; it's made of reclaimed pine in a silver grey finish and topped with sleek black granite. \$1,299, urbanbarn.com

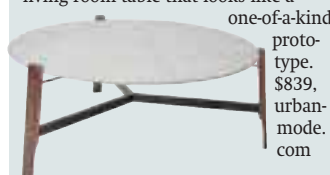


Carrara marble long board serving platter

Set your cheese and crackers wheeling down the table on a surfboard-shaped, custom-made platter, or display perfume bottles on a long vanity. \$620, dididunphy.com

Free range coffee table

Mixed mediums of dark walnut, black metal and marble create an ultra-chic living room table that looks like a



one-of-a-kind prototype. \$839, urban-mode.com

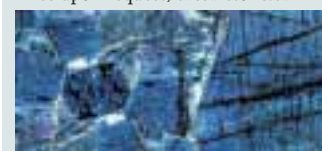
Adelsten pestle and mortar

Perform old-fashioned culinary duties with modern style in the kitchen. It's the original pepper grinder. \$15, ikea.com



Dumortierite Concetto countertop surface

Made from cut/bound semi precious stones for luxurious counter surfaces. Price upon request, caesarstone.ca



Bionic aqua marble vessel sink bowl

Add a dash of colour to the powder room with blue veined marble. \$247, sears.ca



Etiquette

So I can't play the spoons with it?



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Have you ever wondered when eating at an elegant restaurant, "What am I supposed to do with the strange flat spoon?"

Well the "flat spoon" is called an individual sauce spoon (cuillère à sauce) and is correctly set at the dinner table on the right side of the dinner plate, between the plate and the main course knife.

So when did this strange spoon appear on our dinner tables?

Well the sauce spoon first appeared in the 1950s in Paris, France. The restaurant was called LASSERRE, and chef René Lasserre decided to help guests enjoy the delicious sauces without the need of using bread to "mop up the delicious liquid." So he invented this wonderful spoon.

The invention and custom of using a sauce spoon



You probably already knew this, but the sauce spoon goes on the right side between the plate and main course knife. ISTOCK IMAGES

started with the fish course.

Today in many elegant and formal restaurants, I see this sauce spoon used either for the fish or meat course. So when you have finished eating the fish or meat and your plate is

empty with just the sauce remaining, you take the sauce spoon and scoop up the remaining sauce on your plate.

This utensil should be used exactly like you would a soup spoon.

Kevin! Be prepared before you leave your home alone

Plan ahead. Empty houses are attractive targets for break-ins — protect your home

Your bags are packed, the car is loaded and your tickets are in hand. You're finally ready for that relaxing summer getaway you've been anticipating all year ... or so you think.

In the last minute hustle and bustle of planning a vacation, many families leave their "home alone" and fail to plan for its proper protection.

Empty houses are attractive targets for break-ins, which can be a real threat for homeowners. "Planning ahead is essential to ensure that your return home doesn't leave you with unplanned surprises," says Wayne Ross, an insurance expert at Aviva Canada. "The key is to take a few simple steps to make it look like you haven't left at all." Consider the follow-

ing tips the next time you are travelling for an extended period of time.

Keep it to yourself

You or your kids posting holiday plans or live updates on social networking sites such as Facebook or Twitter may seem harmless enough, but it could alert would-be thieves to an empty house.

Get a house sitter

Have someone stay there or have a trusted neighbour check

in daily. Give this person a key — don't hide it.

Light it up

Set lights on timers in different rooms of your home.

Newspaper and mail delivery

Piled up mail or newspapers are an obvious giveaway that the homeowners are out of town — cancel or temporarily divert deliveries, or have your neighbours pick them up in a timely fashion. **NEWS CANADA**

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MAKE IT SUMMER ALL YEAR ROUND

ADD A FRESH NEW LOOK TO YOUR PATIO

No matter the type of event you are hosting, you can transfer your design skills and personality from inside your home to your outdoor space. Good taste doesn't need to stay within four walls.

Preparing to host a gathering in what may be uncharted territory may seem like a big undertaking, however, there are many simple ways to bring a fresh and trendy look to your patio.

PORCELAIN

A favourite outdoor design trend of the season is porcelain. Whether as a serving platter, candleholder or decorative light fixture, this refined material will make a sophisticated statement and add a touch of elegance to any outdoor space. Who says outdoor entertaining has to be done with plastic? Fine china is a great way to bring

the glamour of fine dining to the outdoors.

BLUE AND WHITE

Blue and white is a fresh colour combination and chic way to adorn your patio. Variations of this colour combination can easily complement your indoor design motif while also evoking a sense of serenity to put your guests at ease.

BRONZE

Touches of bronze throughout your outdoor decor is a great way to make a stylish statement. This old Hollywood look is a perfect choice for handles or accents on serving dishes, outdoor furniture or table decorations. The classic elegance of the brushed brass makes it the hottest hardware of the season while also keeping a soft look with your outdoor area.



INSPIRATION FROM ANYWHERE

Design ideas for both indoor and outdoor spaces can come from anywhere, so it's important to keep an eye out for trends to which you are attracted. Finding items online can give your space a unique and personal twist, and you can literally shop the world, right from your patio.

Ultimately, your home, both inside and out, reflects who you are, so be sure to fill it with pieces that show your taste and personality. With so many stylish ways to host outdoors, and with benefits like less clean-up, fresh air and sunshine, you will wish it was summer all year round.

— eBay.ca/MyMix

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Rochelle sofa in plush velvet mustard has a classic mid-century design.

FOR EVERYDAY LIVING

There are three trends for fall that are predicted to be popular by Crate and Barrel. The trends are themed Natural Living, Everyday Luxury and Everyday Celebrations.

Natural Living products are those made with natural materials such as linen, wood, warm metals and glass for decorative and functional objects.

Everyday Luxury features affordable but elegant furniture and accessory pieces in warm colours and rich fabrics such as velvet. Curated collections of interesting objects and

art pieces are also part of this trend.

Everyday Celebrations showcase beautiful and unique dinnerware and bar ware for casual gatherings in a mix of materials. Serving ware is focused on communal dining. Special pieces for making coffee and tea include some from the popular Japanese company, Hario.

To dress up any furniture, choose patterned, highly-textured pillows in a variety of colour groups that reflect a wide range of design influences.

TAKING RECYCLING TO A NEW LEVEL

CHASE RUBBER PAVING IS ECO-FRIENDLY

A little crack in the driveway can cause a big dent in your bank account.

However, thanks to the technology of rubber paving you can repave your driveway with a seamless rubber surface and not have to worry about cracked and pitted surfaces that are notorious on regular asphalt driveways.

Chase Rubber Paving, Manitoba's leading installer of rubber paving services, offers the environmentally friendly option of rubber paving at an affordable rate.

"Not only does it look good aesthetically, but it can hold up to our incredibly frigid winters," says Angela Chase, owner and installer at Chase Rubber Paving. "Rubber surfaces are slip resistant and are just more durable than asphalt against minor ground movement and shifting."

Rubber paving was introduced to Canadians in 1998 by Saskatchewan-based company Shercom Industries. The rubber agent is designed by combining recycled rubber crumbs from old tires with a proprietary binding agent. While it was originally developed to restore existing cracks in asphalt driveways, it has been found to retain exceptional performance characteristics for the entire driveway surface area.

Furthermore, the technology is eco-friendly, using millions of old tires each year that would otherwise be discarded in city landfills.

"I think that's one of the greatest aspects of our product," Chase says. "It's innovative and takes the meaning of recycling to a whole new level."

Chase says homeowners aren't limited



ISTOCKPHOTO/THINKSTOCK

to just repaving their driveways; rubber paving can be installed virtually anywhere, so homeowners looking to build a new pathway, patio, or pool deck have the option to do it with this environmentally friendly technology.

"We offer four main colours, as well as a fleck option, so the homeowner can choose what will look best at their home," Chase says. "Our base colours are black, brown, terracotta red and grey, and the

fleck colours come in a wide variety, which means that people can literally customize each rubber surface they have installed."

Chase Rubber Paving is Manitoba's only rubber paving installer under Shercom Industries; it offers free estimates and a five-year limited warranty against cracking.

For more, visit chaserubberpaving.com or call 204-887-5951.

HOME IMPROVEMENT

METRO CUSTOM PUBLISHING

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BUSTED SIDEWALK? CRACKED DRIVEWAY?

AFTER



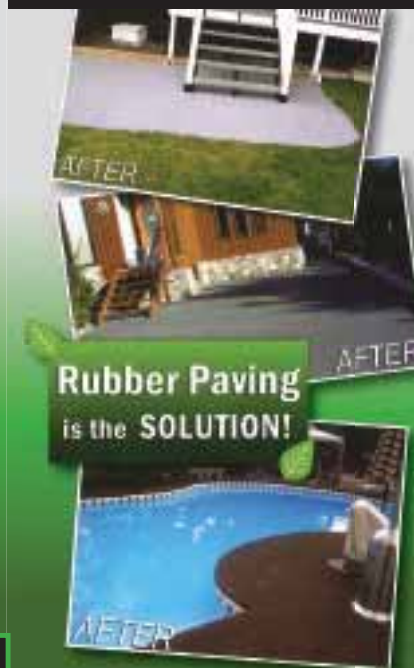
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Be a smooth(ie) operator

Chocolate, Cappuccino and Banana Smoothie

I'm a chocoholic and I have discovered that 1% chocolate milk (made with cocoa) is the best treat I can have either for breakfast or a snack. Adding chocolate milk to this smoothie satisfies your chocolate cravings and makes it taste like a chocolate milkshake, but without the calories and fat.

- 1 cup (250 ml) cold chocolate milk (1% or soy milk)
- 1 cup (250 ml) 2 % low-fat coffee flavoured yogurt
- 1 medium-sized ripe banana, sliced
- 2 tbsp (30 ml) honey
- 1 tbsp (15 ml) cocoa powder

Combine the milk, yogurt, banana, honey and cocoa powder in a blender and purée. Serve immediately.

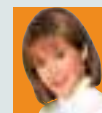


Strawberry, Banana and Orange Smoothie

If you're in a rush in the morning and need a quick breakfast, try a smoothie. The combination of protein and fruit keeps you satisfied longer. This is also a healthy snack to stave off hunger between meals. Experiment with different fruits, using whatever is in season. For extra protein, substitute low fat plain yogurt for the milk.

- 1 cup low-fat milk or soy milk
- 1 small ripe banana, sliced
- 1 cup frozen or fresh sliced strawberries
- 1/2 cup orange juice
- 2 tbsp honey
- 5 ice cubes

Place all the ingredients in a blender and purée. Serve immediately.



ROSE REISMAN
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For your phone

Filibaba Smoothies (iPad/iPhone; free)



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

With a gathering of fruits, berries, veggies, and spices, you can mix up refreshing summer smoothies and milkshakes. These 23 recipes include built-in timers, healthy tips and sweeter, kid-friendly mixes.



Give your chicken the garlic treatment

1. Preheat the oven to 350 F (180 C) or 320 F (160 C) for convection oven and cook the chicken according to the Maggi pack instructions.

2. Put a large pot of water on the stove for the egg noodles and allow it to come to a rolling boil.

3. About 15 minutes before the end of the chicken cooking time, heat the canola oil in a large frying pan or wok



This recipe serves four. NEWS CANADA

Ingredients

- 4 chicken breasts
- 1 pack Maggi So Juicy Garlic
- 1 tbsp canola oil
- 12 button mushrooms, sliced
- 1 small head of broccoli, cut into florets
- 1 small onion, sliced thinly
- 1 carrot, sliced thinly
- 450 g package of egg noodles
- 1 tbsp sesame oil (optional)
- 1 lime, juiced
- 2 green onions, finely sliced
- 2 tsp sesame seeds (optional)

and stir fry the mushrooms until golden. Add the broccoli, onion, and carrot, and continue to cook for about 5 minutes, over high heat.

4. Cook the egg noodles according to the pack instructions. Once cooked through, drain and set aside.

5. Remove the chicken from the oven, leave to cool for a minute then cut the bag open and gently tip the con-

tents into a dish. Transfer the chicken breasts to a board and slice diagonally. Pour garlic juices from the dish over the vegetables.

6. Add the cooked noodles to the pan with the vegetables and toss to combine. Season with the sesame oil (if using) and lime juice. Serve the stir fry with the sliced chicken, scattered with green onion and sesame seeds (if using).

NEWS CANADA



- home grown goodness -

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Manitoba Hydro Place Plaza
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Check www.downtownwinnipegbiz.com
for this week's vendors!

Your summer bucket list items

YLVA
VAN BUUREN
For Metro

One more month of pure summer left — have you done everything you want to? Here is a quick list of quintessential activities that just scream summer.

Road trip

Rent your dream convertible — think Mini Cooper or Mustang — and cruise back country roads with the top down. Make it a weekend getaway or just a jaunt to an ice cream parlour. Remember to wear sunscreen.

Your Royal Highness

Throw a “jolly good” English soiree al fresco in honour of the royal birth. Decorate the patio with pretty teapots filled with posy-style flowers, hang blue mini-lights along the railing of the deck, and set the table with blue napkins and tea light holders. Serve bangers and mash with a U.K. lager or Pimm’s.

Take that

Sign your family up for a game of paintball — it’s a perfect activity for energetic types who love adrenalin-charged action. Follow the rules, dress in all the required gear, and have a blast.

Stand-up paddle boarding

This fabulous new sport combines surfing and paddle boarding. The surf-style board propels across the water thanks to a long paddle that you use while standing on the



Try out a thrilling hot air balloon ride. FUSE/THINKSTOCK

board. It’s great exercise and lots of fun (whether you get it right away or fall in a few times). Take a lesson and go.

A sandy om

Whether you are on the Pacific, Lake Erie or simply a tributary, there is something magical about doing a sun salutation or downward facing dog on sand near natural water. Unite your mind, body and spirit, and don’t forget

your bathing suit for meditation under water after class.

My beautiful balloon

Imagine sitting in a basket listening to the whoosh of a hot air balloon as the land below gets smaller and smaller ... it’s a thrilling ride. It’s pretty comfortable, too, since riders don’t feel the basket rocking or swaying in the air. The hour approaching dawn and dusk are best — and most



Rent your dream convertible for a cruise. ISTOCKPHOTO/THINKSTOCK



There is something magical about yoga near water. BANANASTOCK/THINKSTOCK

beautiful — for flying.

OD on blueberries

There is still lots of time to pick your own blueberries and other seasonal crops in

farmer’s fields. And what a great way to remind yourself where food really hails from. Bring your own baskets, and start envisioning the recipes you will be able to make.

Long weekend events

There is nothing better than a summer long weekend in Winnipeg, especially when there are so many fun events to help kick it off.

- Head down to Gimli from Friday to Sunday for the annual Icelandic Festival of Manitoba (Islandingadagurinn). A Manitoba tradition, the festival boasts fun for the whole family with a midway, a Viking village, live entertainment, fireworks, and more. For more information, see icelandicfestival.com.
- If you are planning to stay in the city, visit the Winnipeg Maker’s Market at 18 Ross Ave., Friday from 5-10 p.m. Support local vendors who are selling items like soap, jewelry, hand bags, clothing, food items, art, and other miscellaneous items. There is a suggested \$2 admission fee.
- Folklorama, Canada’s largest cultural festival kicks off for a two-week run on Sunday and runs to Aug. 17. This year’s festival encourages Manitobans and tourists alike to celebrate diversity with 46 different pavilions throughout the city. Admission is only \$6 for adults, while children 12 and younger get in for free. Or invest in a Fun Pack for \$54, which will give you access to 12 pavilions for the price of nine. For more, see folklorama.ca. **SHELLEY COOK**

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The Blue Jays' Jose Bautista hits an RBI double off Athletics pitcher Jesse Chavez during the 10th inning Wednesday in Oakland. ERIC RISBERG/THE ASSOCIATED PRESS

Joey B brings his A-game to Oakland

MLB. Blue Jays take series vs. A's in 10th as Cecil earns his first major-league save

R.A. Dickey still believes the Toronto Blue Jays can make something of this season, even sitting in last place in the difficult AL East. They won Wednesday despite four errors.

On a day the Blue Jays brass kept the roster intact at the trade deadline, Jose Bautista hit a go-ahead double in the top of the 10th inning as Toronto defeated the Oakland Athletics 5-2 on Wednesday for a series win and their fifth victory in seven

On Wednesday

5

Blue Jays

2

Athletics

games following a seven-game skid.

"For us to only give up two runs on a day we had four errors is a real positive," Dickey said. "I don't think anybody really expected us to make a move in here. We have the team in here, at least the nucleus in here that's going to get it done one way or another."

Bautista lined a double to

right against Jesse Chavez (2-3). Rookie catcher Stephen Vogt's second costly passed ball of the game allowed Jose Reyes to advance after a leadoff infield single, and Reyes scored on Bautista's hit.

Casey Janssen (4-0) pitched a 1-2-3 ninth for the win, while Brett Cecil finished for his first major-league save in two opportunities.

Colby Rasmus added a two-run single off Jerry Blevins for insurance in the 10th.

"It wasn't pretty. This is a brutal sun field," manager John Gibbons said. "We got lucky there."

A's starter Bartolo Colon and Dickey each settled for no-decisions, leaving after six innings apiece with the game

PED investigation



"I served my suspension last year, but MLB has never told me that it's OK now."

Jays outfielder Melky Cabrera said Wednesday he hasn't been told by MLB whether he will face a ban for his ties to a Florida clinic accused of distributing performance-enhancing drugs. Cabrera served a 50-game suspension in 2012.

tioned at 2.

A's all-star closer Grant Balfour struck out the side in order in the ninth, but Chavez couldn't hold down the heart of Toronto's batting order.

THE ASSOCIATED PRESS

MLB. A-Rod's career on line, source says

Major League Baseball is threatening to kick Alex Rodriguez out of the game for life unless the Yankees star agrees not to fight a lengthy suspension for his role in the sport's latest drug scandal, according to a person familiar with the discussions.

The person spoke to The Associated Press on Wednesday on condition of anonymity because no statements were authorized.

Whether commissioner Bud Selig would actually issue a lifetime suspension was unclear and a permanent ban could be shortened by arbitrator Fredric Horowitz to about 200 games, the person said.

Rodriguez is baseball's highest-paid player and the most prominent one linked in media reports over the past seven months to Biogenesis of America, a closed Florida anti-aging clinic that

allegedly distributed banned performance-enhancing drugs.

The Yankees expected Rodriguez to be accused of recruiting other athletes for the clinic, attempting to obstruct MLB's investigation, and not being truthful with MLB in the past. Baseball has considered suspending him for violations of its labour contract and drug agreement.

THE ASSOCIATED PRESS



Alex Rodriguez with the minor league Charleston RiverDogs last month. GETTY IMAGES

Baseball

Fish leave runs on the table in loss to Lincoln Saltdogs

The stage was set for an epic comeback, but the Goldeyes just couldn't pull the trigger.

With the bases loaded in the bottom of the ninth, Winnipeg only managed to score one and fell 7-6 to the Lincoln Saltdogs in front of 6,213 fans at Shaw Park on Wednesday night.

The Fish put themselves in an early hole surrendering runs in the first and third, including during a tight play at the plate as Saltdogs shortstop Jeff Squier slithered by the outstretched glove of Goldeyes catcher Luis Alen.

Right-fielder Ray Sadler got things started for the Goldeyes in the third inning as he delivered a triple deep to right field, bringing in Amos Ramon. Sadler later scored off a Ryan Scoma putout to knot the contest up at two.

After the Saltdogs put one on the board in the fourth, the wheels fell off for Goldeyes starting pitcher Justin Garcia in the fifth as Lincoln put the wood to him for four runs, including a three-run homer by first basemen Ian Gac as he doinked one off the foul pole in right to put Lincoln up 7-2.

The five-run lead was short-lived as Josh Mazzola delivered a two-run bomb to left to cap off a three-run inning for the Fish, shrinking the Saltdogs' lead to two.

The Saltdogs improved their record to 28-2 when leading after six innings of play. TYLER ESQUIVEL/FOR METRO

CFL

Lions' Fabien finished for 2013

Kirby Fabien's promising CFL rookie season has come to a premature end.

B.C. coach Mike Benevides confirmed Wednesday the Lions guard will miss the rest of the season after suffering a devastating knee injury a night earlier in a loss to the Argonauts in Toronto.

"It's unfortunate, because he was having a great start to his career," said Benevides after the club returned to its Surrey, B.C., training facility. "It's unfortunate, but he's done for the year."

THE CANADIAN PRESS

Horoscopes

Aries

March 21 - April 20

Try not to be a control freak. Let others decide what you are going to do. It may be at odds with the way you usually go about things but it will be strangely liberating too.

Taurus

April 21 - May 21

Drama will unfold over the next 24 hours, either in a personal relationship or at work. The important thing is that you don't react without thinking. Look at the situation rationally and do what must be done.

Gemini

May 22 - June 21

You are full of good ideas but one idea in particular should be singled out and worked on immediately. Its success — and your fortune — depends on getting the timing right, and the time is now!

Cancer

June 22 - July 23

You're in a good mood at the moment but those around you are a bit depressed, most likely because they have serious problems to deal with. What can you do to cheer them up? Just stay out of their way.

Leo

July 24 - Aug. 23

You may be no-nonsense by nature but even a Leo can be fooled and the planets warn you need to be extra careful today. It's OK to dream but keep in touch with reality too.

Virgo

Aug. 24 - Sept. 23

This may be a chaotic time but you seem to be enjoying the mayhem. Changes in your working environment are unsettling for sure but they are necessary too.

Libra

Sept. 24 - Oct. 23

Success is important, but it's wrong to measure your life purely by how much you own or earn. The planets urge you not to get attached to material things for their own sake.

Scorpio

Oct. 24 - Nov. 22

It seems you are in one of those moods when you are tempted to throw everything out and start again from scratch. The only danger is that with Pluto, your ruler, under pressure, you are likely to regret it later.

Sagittarius

Nov. 23 - Dec. 21

You seem to be in an aggressive mood and today's Mars-Uranus link warns you could easily go too far and spark a feud that gets way out of hand. Relax.

Capricorn

Dec. 22 - Jan. 20

Make an effort to look on the bright side today, because if you allow little things to get on top of you, your mood will head south fast. Remember too that you can't solve everyone's problems.

Aquarius

Jan. 21 - Feb. 19

Look at what you have to do today as a challenge to be enjoyed rather than a chore to be endured. You'll be surprised at how much fun you have.

Pisces

Feb. 20 - March 20

Do what you want to do today and don't waste time worrying what colleagues and loved ones might think about it. Far from being unpopular, you will find that most people respect you more for being your own boss. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Bird beak
- Grade
- Canadian author Ms. Gallant
- Shoe spot
- Organic compound
- Country legend Patsy
- Ancient concert sites
- Punk pop's Mr. Pop
- Aqua-denizen, with Ray
- Roman Empire's first Emperor
- Adam Levine's band, ___ 5
- Beats
- Car or truck, e.g.
- Not nay
- Health club class
- Marsh matter
- Goose eggs
- Prefix to 'system' (Diet plan advertised on TV)
- Years, in old Rome
- Choreography components
- Eminem tune
- ___ clock, don't wind it up
- ___ or neuter
- Sunday song
- Canadian singer/songwriter Ron
- Needs-to-be-sewn site
- Owl's sound
- ___ Beach (Resort village in Saskatchewan with a saltwater lake)
- Jay-Z, then ...JAY Z, now ...what's missing?
- Bryan Adams' 1984 hit album
- More shipshape



- 'Desserts' locale
- Less than twice
- Grad parties
- Word linker-uppers
- Crying component
- Call (permanent) time on a relationship: 2 wds.
- Do modelling
- Gibraltar, e.g.

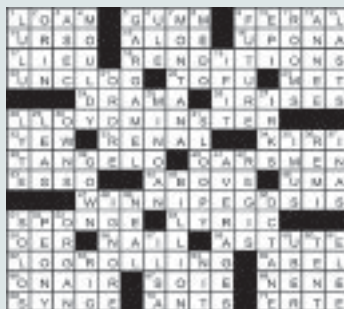
Down

- "Obviously, Sherlock!": 2 wds.
- Lyrical lament
- How to do hair and makeup, plus skin-care, too: 2 wds.
- Canadian retailer of women's clothing
- AC/DC lead guitarist Mr. Young
- Clothing, informally

- English cathedral city
- ___ Stadium (Calgary Stampede's home field)
- Banned orchard spray
- Ristorante wine
- "___ the Groove" by Madonna
- Mr. Connery
- Go parasailing

- He's opposite
- Sea: French
- Big name in motor scooters
- Hebrew alphabet's first letter
- To-remote-locations fliers: 2 wds.
- Small, ___-bitty
- Jam-in together
- ___ Fein (Irish republican party)
- "No thanks." = "I'll ___"
- Duck, in Dusseldorf
- Strong as ___
- "___ die for!"
- City in New York State
- Nova Scotia town
- Lithium-___ battery
- Fountain filler
- Fixes
- Principle
- Felix's roommate
- Easy to operate, ___-friendly
- Ballyhoo
- Wool
- Nudge
- Prefix to 'sphere'
- Gambler's destination
- Road trip item

Yesterday's Crossword

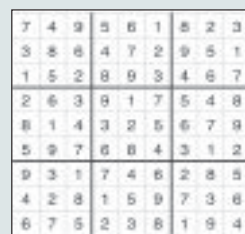


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: 23°
MIN: 12°

FRIDAY



MAX: 22°
MIN: 10°

SATURDAY



MAX: 23°
MIN: 15°



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